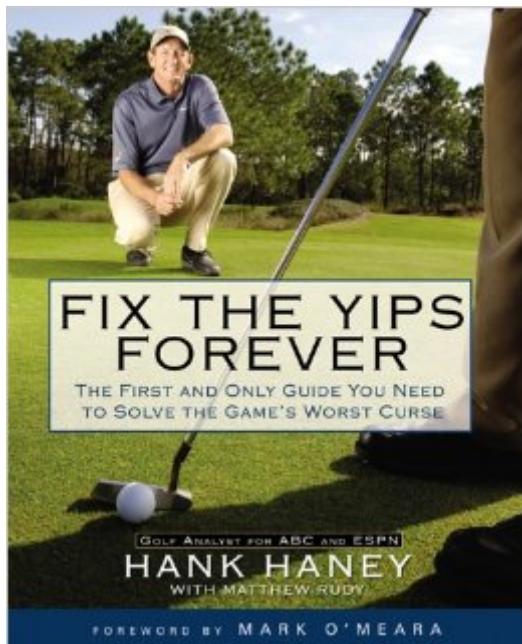


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Fix The Yips Forever: The First And Only Guide You Need To Solve The Game's Worst Curse



Synopsis

Let the teacher who works with Tiger Woods, the world's best player, help you cure the yips—the frustrating problem that can cause even the greatest players to miss short putts, jab chip shots over the green, or miss fairways by eighty yards off the tee. "The yips can make you feel like you want to quit golf and take up fishing full time. I know. I've been there. But Hank's experience and sensitivity to the problem make him unique in the world of golf instructors. If you have the yips, you couldn't be in any better hands than Hank Haney's." —Mark O'Meara, from the Foreword to *Fix the Yips Forever* Most golfers think of the "yips" as a psychological affliction, a confidence problem that causes them to lose control of their game because of a split-second glitch. But scientists are now starting to unlock the true root of the problem: focal dystonia, a motor-neural malfunction that causes a player's brain to distort the message being sent to the muscles. Acclaimed golf instructor Hank Haney used these discoveries to overcome his twenty-year battle with the yips, and now he shares his breakthrough regimen that can "rewire" any golfer who struggles with the yips. Showcasing dozens of practical, hands-on techniques for eliminating the yips from putting, chipping, and the full swing, *Fix the Yips Forever* delivers the brand of prescriptive advice and drills that have made Haney one of the most sought after golf instructors in the world. This groundbreaking handbook features more than 100 black-and-white photographs, including reproductions of diagnostic screens and Haney's ultrasound "yips measurement System" for hands-on yip-free training. If you can't make it to Haney's Golf Ranch for a personal diagnosis, *Fix the Yips Forever* is the next best thing.

Book Information

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Customer Reviews

It took me many years to find out that I've had the yips since I learned to play golf when I was only twelve years old. Its terrible to love this game so much and not be able to progress simply because this strange ailment that came into my swing when I least expected. It affected not only my putting but every aspect of my game, maybe the wiring in my brain is not suitable for playing golf but because hope is the last thing you loose I keep looking for a cure. A few years ago I started learning about the neurological causes of the yips from the studies on the Mayo Clinic, they found that is simply an involuntary movement similar to what is known as dystonia or basically a nervous tic that appears in moments of stress. After so many years at least I have an explanation to my weird unexpected swings, the sad thing about this study is that the researchers didn't have a clue on how to cure the condition. So you can imagine the illusion into which I bought this book, with such a promising title and by such a prominent author I couldn't wait to find out how to get rid of the yips that have made me so miserable for so many years. Good explanation about the causes of the yips and an interesting research by the Germans with the device to detect the exact moment on which a golfer gets the involuntary movement, otherwise this book is a rip off. It does not deliver what it promises, it only make some suggestions on how to help yourself on controlling the yips not to get rid of them. The author recognizes the difficulty in controlling the yips when chipping and give only a few hints for controlling your putting and the driver but no statistical evidence to prove if this methods work short or long term.

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